

The Role of Color in Human Practice

Karimova Dilnoza Erkinovna

Teacher, Samarkand State Architectural and Civil-Engineering Institute, Samarkand, Uzbekistan

Muqimova Zarina Uyg'un qizi

Student, Samarkand State Architectural and Civil-Engineering Institute, Samarkand, Uzbekistan

Abstract: This article discusses the role of stress in human practice. Color is widely used both in art and in the organization of production processes to increase labor productivity and reduce employee fatigue, which contributes to active and complete recreation of people, as well as to provide comfort at home, create a psychological emphasis. is the active substance used.

Keywords: color, design, image, art, color psychology, color harmony.

The role of color is very important in the life and activities of everyone and society in general: industry, transport, art, modern technologies of information and so on. As we discussed in Color and Ergonomics, colors and their combinations are actively used as symbols in everyday life and production, replacing all concepts in the rules of behavior. Thus, signal lights of one or another color on traffic highways prohibit or confirm traffic, warn, require attention. As symbols in industrial and other collective activities, colors are used to mark pipes with different substances or temperatures, various electrical wires, data cards, bank documents, banknotes, work clothes, and more. It is one of the main factors of color production in industry and daily life. The study of the psychological effects of certain color combinations - color matching - constitutes the science of color aesthetics. Color combinations are widely used both in art and in the organization of production processes to increase labor productivity and reduce employee fatigue, which contributes to active and complete relaxation, as well as to create a psychological emphasis on comfort at home. applied. Color is of particular importance to improve the quality and standardization of industrial products. Color as an indicator of the high quality of the product is necessary in cases when other objective or subjective methods can not be used for any reason or other reasons, or their application requires long and hard work or expensive equipment.

The human eye is constantly striving for light and variety of colors. She tries to adapt the environment she lives in using these colors. It's like trying to lift your spirits when you see the sunlight coming out of the dark clouds in our daily lives. That is why the effects of color on human life have long attracted the attention of scientists and artists.

The first ideas in Central Asia date back to the Middle Ages. In particular, Sultan Ali Mashhadi's 1514 treatise on calligraphers and artists states that the decorative patterns used to decorate the manuscripts of that time were diverse, and that each devon was responsible for the color and texture of the pages. which is a peculiar style.



In addition, world-renowned scholars such as Alisher Navoi, Abu Rayhan Beruni, Abu Ali Ibn Sino, Kamoliddin Behzod, Firdavsi, Babur have conducted extensive research on the types of colors, their impact on human health, their meanings and other properties. . For example, Abu Rayhan al-Biruni, in his *Kitab al-Jawahir-Ma'rifat al-Jawahir* (Mineralogy), listed more than 200 names of colors and wrote about the origin of these colors.



Today, the study of color and its effect on human psychology is an empirical science. The main purpose of the study of color is to shed light on the interaction of psyche and color, its origin, its place in human life in this or that situation, in emotional situations.

Color affects all living things, even the smallest organisms. Animals and insects also distinguish colors and have certain effects on them. For example, experiments on mosquitoes have shown that they do not like blue. All the furniture and windows in one room were painted blue, and only one small window was left unpainted. At the moment, all the flies landed only on the unpainted windows. Flies, on the other hand, prefer blue. Experience has shown that they often attack people in blue.

Psychologist Luscher also studied colors for a long time and confirmed that they have a great effect on the human psyche. According to him, red has a strong effect on the nervous system, an active color that stimulates creativity; green - a color that calms the mind; blue, blue - colors also have the ability to calm the mind, lower body temperature, normalize blood pressure and relieve pain. Black and purple evoke divine emotions and fantasies, and are often the favorite colors of religious or fairy-tale children. Brown is the color of choice for people in a nervous state; black is the color of criticism and white is the color of purity, perfection.

The German poet and art historian IV Goethe was also interested in the effects of colors on the

human body. In *The Doctrine of Colors*, he wrote that warm colors make one happy and cold colors make one sad. If you look at colored glasses for a long time, they prove in their experiments that they evoke different moods in a person. He noted that each color has its own characteristics. According to him, the most pleasant colors are yellow and red. These colors are a source of joy and activism. Examples of negative colors are dark blue and black. These colors have a depressing effect and evoke bad memories. Green is a neutral color.

From the above, we can understand that colors are not only an objective part of everyone's life, but also a factor that can affect their psyche, mood and even health. Therefore, it is necessary to take a serious look at the issue of colors and their properties, a comprehensive study. Because knowledge of colors and their effective use can help to change the daily life of any society for the better.

In particular, it plays an important role in modern urban architecture. On the one hand, a building can be painted with a certain color that affects the human mood, but when architectural devices are observed from a certain distance, their colors lose their activity. should also be taken into account. As the distance increases, the warm colors also cool down according to the laws of weather. This means that the modern architect must be able to effectively use its remote location and color effects, taking into account the role of polychrome in the organization of the form in the planning of the device project.

Looking at the architectural monuments, it can be said that this idea was relevant not only in modern but also in medieval architecture. Examples of this are the architectural structures of Khiva and Bukhara. The colorful patterns of the towers, the ceramic ornaments on the roofs, firstly, the surfaces of the planes in them, combine different shapes and sizes, and secondly, side by side, participate in the spatial organization of an ensemble with its ornamental, color diversity . Examples include the architecture of many cities in Central Asia and Europe.

Color, color harmony and its effective use play an invaluable role in human activity. Because seeing in the perception of the gift of nature, the "symphony" of different colors, evokes the most beautiful feelings in people. Properly covered, it will withstand a great deal of adverse conditions.

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